

"COPING WITH THE STRESS OF ECONOMIC UNCERTAINTY"

FREE Workshop for State Employees

Brought to you by the State of California Employee Assistance Program

PLEASE JOIN US

If you're like most of us, you are probably thinking more about money, budgeting, and how these uncertain economic times could impact your family. You may also be looking for ideas on how to manage the extra stress these issues are creating. This workshop explores healthy strategies for managing stress and increasing resilience during tough economic times.

Before planning to attend any sessions, employees should ensure supervisor's approval.

February 18, 2009 - Sacramento

9 – 11 am
Franchise Tax Board
Goldberg Auditorium
9646 Butterfield Way
Sacramento, CA 95827

February 19, 2009 - Sacramento

9:30 – 11 am
Dept of Corporations
1515 K Street
5th Floor, Bd of Parole Hearing Room
Sacramento, CA 95814

February 19, 2009 - Chino

10 am – Noon
CDCR - California Institution for Men
Firing Range / Federal Bldg Onsite
13601 El Prado Road
Chino, CA 91710

February 25, 2009 - Riverside

8:30 - 10:30 am
California Highway Patrol
Clark Training Center
3423 Davis Avenue
Riverside, CA 92518

February 25, 2009 - Fresno

8:30 - 10:30 am
California Highway Patrol
Central Division Office
5179 North Gates Avenue
Fresno, CA 93722

February 25, 2009 - Stockton

1 – 3 pm
Dept of Transportation - District 10
1976 E. Dr. Martin Luther King Jr., Blvd
Basement, Room 56/71
Stockton, CA 95205

February 25, 2009 - Soledad

2 – 4 pm
CDCR - Salinas Valley State Prison
IST Room - Outside Gate
31625 Highway 101
Soledad, CA 93960

February 26, 2009 - Redding

10 - 11:30 am
Dept of Transportation - District 2
4300 Caterpillar Road
First Floor Training Room
Redding, CA 96003

February 26, 2009 – South Lake Tahoe

9 – 10:30 am
California Tahoe Conservancy
1061 Third Street
South Lake Tahoe, CA 96150

March 3, 2009 – Los Angeles

9:45 - 11:30 am
Dept of Justice
Ronald Regan Building
Auditorium
300 South Spring Street
Los Angeles, CA 90013

March 4, 2009 – Costa Mesa

10 am – Noon
OC Fair & Event Center
Orange County Fair
Baja Blues Building
88 Fair Drive
Costa Mesa, CA 92626

March 10, 2009 – San Bernardino

9 – 11 am
Dept of Transportation - District 8
655 West Second Street, Room 201
San Bernardino, CA 92401

March 10, 2009 – San Diego

10 - 11:30 am
Dept Transportation - District 11
4050 Taylor Street, Gallegos Room
San Diego, CA 92110

March 10, 2009 – San Luis Obispo

10 – 11:30 am
Department of Transportation – District 5
50 Higuera Street
San Luis Obispo, CA 93401

March 11, 2009 - Oakland

10 - 11:30 am
Dept Transportation - District 4
111 Grand Avenue, First Floor Auditorium
Oakland, CA 94623

March 13, 2009 Oakland

10 am – Noon
California Highway Patrol
Dept of Transportation Bldg
111 Grand Avenue, First Floor Auditorium
Oakland, CA 94623

March 25, 2009 - Sacramento

10 – 11:30 am
Resources Agency Building
1416 Ninth Street
First Floor Auditorium
Sacramento, CA 95814

Please provide one week notice for special accommodations.

For more information about EAP benefits, or to access benefits

(866) EAP-4SOC (866-327-4762) - TDD (800) 327-0801 <http://www.dpa.ca.gov/benefits/eap.htm>

